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CLAIMS

WHAT IS CLAIMED IS:

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1. A valve assembly, comprising:

an orifice member defining a first surface, the orifice member having an inlet and an outlet;

a plunger that is movable relative to the orifice member;

- a first guide spring situated between the orifice member and the plunger and having
 a portion attached to a first end of the plunger, the first guide spring
 defining a second surface, the second surface being sealable against the first
 surface to prevent fluid flow between the inlet and the outlet.
- 2. The valve assembly of claim 1, wherein the first spring is attached to the first end of the plunger by a spot weld.
- 3. The valve assembly of claim 2, wherein the first spring defines an opening therein, wherein the first spring is welded to the plunger opposite the opening.
- 4. The valve assembly of claim 1, further comprising a second guide spring attached to a second end of the plunger.
 - 5. The valve assembly of claim 1, further comprising:
 - a valve body; and
 - a seal member situated between the orifice and the flow body.

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6. The valve assembly of claim 5, wherein the seal member comprises a nickel washer.

- 7. The valve assembly of claim 1, further comprising an elastomeric insert received an opening defined by the plunger.
 - 8. The valve assembly of claim 1, wherein the valve is normally closed.
 - 9. The valve assembly of claim 1, wherein the valve is normally open.
- 10. The valve assembly of claim 4, wherein the second guide spring comprises a flat spring.